

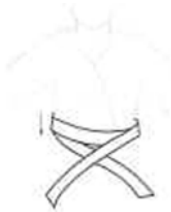
How to tie your belt

The obi (belt) is designed to hold your dogi strongly together. As part of the etiquette and discipline of aikido training make sure your belt is always tied correctly and that both lengths are equal. This brings a sense of balance to the wearer and those around them.

Make sure your dogi jacket is has the left side at the front. This is the traditional way to wear this type of garment in Japan. When people are buried the right side is at the front. It is an important distinction to remember.



Start with the belt wrapped around the body completely with ends brought to the front.



Make sure the ends are even then cross them over, tuck the top ender under the lower layers and pull it through.



Now fold back and tie together in a simple knot